TO: Arlington Public Schools Administrative Staff
FROM: Kolya Shields, Ben Austen
DATE: January 16, 2019
SUBJECT: Implementation of an 8:30 AM School Start Time at Arlington High School

       The 8:00 start of Arlington High School reduces students' amount of sleep, negatively impacting their mental and physical health and academic achievement. According to The Sleep Foundation, a nationally accredited medical foundation, teenagers need to get at least 8 hours of sleep a night to be properly focused in school and health. The Youth Health and Safety Survey reported that in the 2017-18 School Year 74.8% of AHS students got less than 8 hours of sleep a night, decreasing their performance and health.

       Our proposed policy is a direct governmental action to move the current 8:00 start time to 8:30. This change is minimal, and will be a small adjustment to teachers' commutes and after-school activities. However, the extra half-hour in the morning will prove very beneficial for students, as even an extra 30 minutes of time in the morning will help students be healthier as well as more awake and alert during class.

       Our Benchmarks are the reported percentages from the Arlington Youth Health and Safety Survey of AHS students getting less than 8 hours of sleep. We are watching 2018/19 - 2021/2022 and want to see the amount of students getting less than 8 hours of sleep go down to 61% by 2021-22. Our projections of baseline percentages are based off input from guidance, and we believe we can help reverse the trend of decreased sleep with our policy.

       Most of the important players related to the implementation to this policy are in favor of it because this policy has very few downsides. Dr. Matthew Janger is in favor of the policy and Mrs. Kathleen Bodie has sent out a survey exploring the opportunity. Mr. McG, chair member of the Arlington Education Association, is also in favor of it. None of the people we interviewed with large influence and power are against our policy. Overall, the feasibility of this policy is high.